

# HEALTHY STEPS FOR OLDER ADULTS

## STOP FALLS BEFORE THEY STOP YOU

### Did you know?

- Every 20 minutes an older adult in the U.S. dies from a fall\*
- Falls are the most common cause of traumatic brain injury\*

\* According to *The Centers for Disease Control and Prevention.*

### What can you do? Be proactive!

The Delaware County Office of Services for the Aging's Healthy Steps for Older Adults Program was developed by the Pennsylvania Department of Aging to help reduce the risk of falls among older adults.

#### The program's focus is on:

- Environmental & Home Safety
- Nutrition
- Foot Health
- Sensory Deficits (Vision and Hearing)
- Side Effects of Medication
- Health Status/Disease States
- Maintaining an Active Lifestyle
- Social Connectedness
- Mental & Spiritual Well-being
- Exercises to Increase Strength, Balance & Flexibility



### Event Details

**Location:** Crozer Medical Plaza at Brinton Lake  
300 Evergreen Drive, 1st Floor Community Room  
Glen Mills, PA 19342

**Date:** Two-Session Program – Thursdays, November 7 and 14

**Time:** 9 to 11:30 a.m.

**Registration:** Call Loreen Evans at 610-619-8935



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